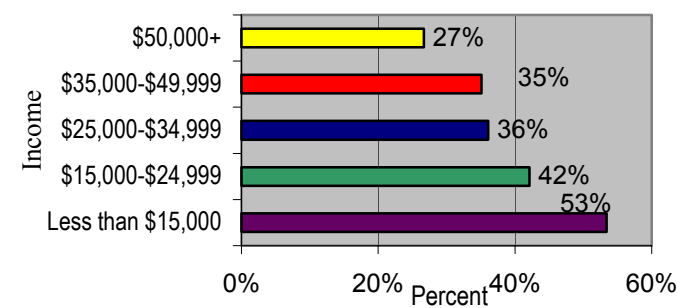


## Demographics

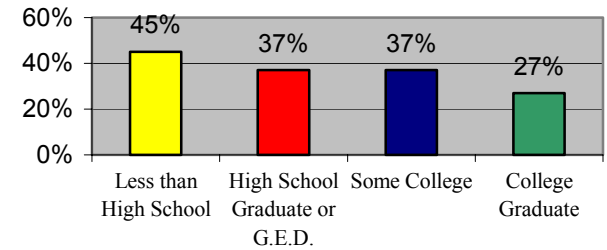
- Among Kansans living with a disability, 76% have arthritis or chronic joint symptoms (CJS) compared with 27% of Kansans without a disability who have arthritis or CJS.
- Among people who perceive their health status as fair or poor, 69% have arthritis or CJS, whereas 30% of those who perceive their health as good to excellent have arthritis or CJS.
- Percentage of arthritis is highest among Kansans whose annual income is less than \$15,000.

Percentage of Adults with Arthritis or CJS by Annual Household Income



- Percentage of arthritis is highest among Kansans with less than a high school education and lowest among college graduates.

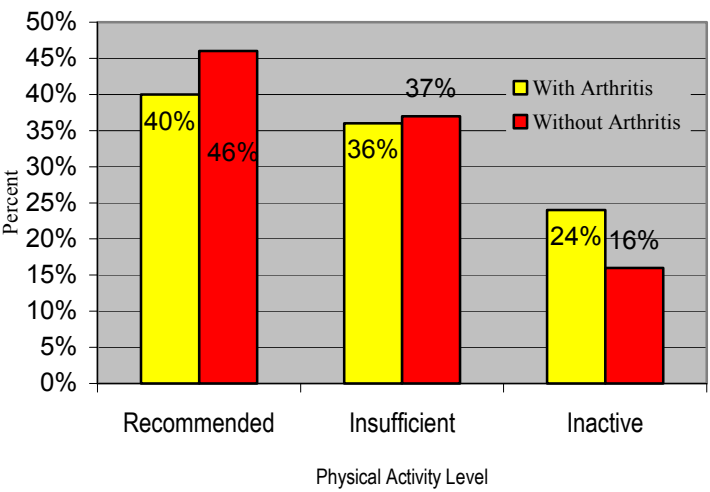
Percentage of Adults with Arthritis or CJS by Education Level



## Physical Activity

- Overall, Kansans with arthritis or CJS have a lower rate of physical activity compared with Kansans without arthritis.
  - 24% of Kansans with arthritis or CJS reported no moderate or vigorous physical activity.
  - Levels of Physical Activity defined as:
    - Recommended:** participating in moderate physical activity at least 5 times per week for at least 30 minutes or vigorous physical activity at least 3 times per week for at least 20 minutes.
    - Insufficient:** some activity but not enough to meet recommendations.
    - Inactive:** not participating in any physical activity or exercise other than their regular job in the past 30 days.

Percentage of Adults Reporting Recommended, Insufficient or Inactive Physical Activity Level by Arthritis Status



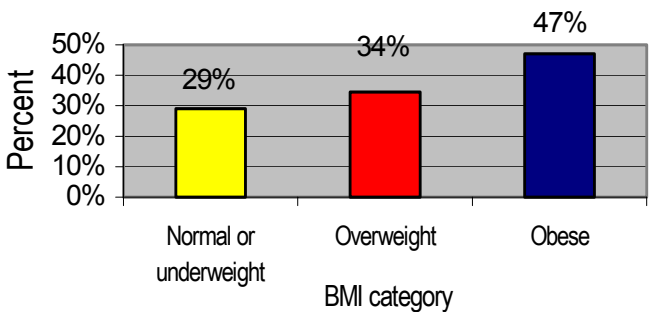
## Body Mass Index

- Excess body weight increases the pressure and stress on weight bearing joints.
  - 47% of obese Kansans vs 29% of normal/underweight Kansas have arthritis or CJS.
  - Body Mass Index (BMI) is a weight status indicator measuring weight for height.
    - Obese:** BMI >30
    - Overweight:** BMI between 25 and 29.9
    - Normal/Underweight:** BMI <25

Calculate your BMI by visiting:

<http://www.nhlbisupport.com/bmi/bmicalc.htm>

Percentage of Adults with Arthritis or Chronic Joint Symptoms by BMI Category



## Prevention

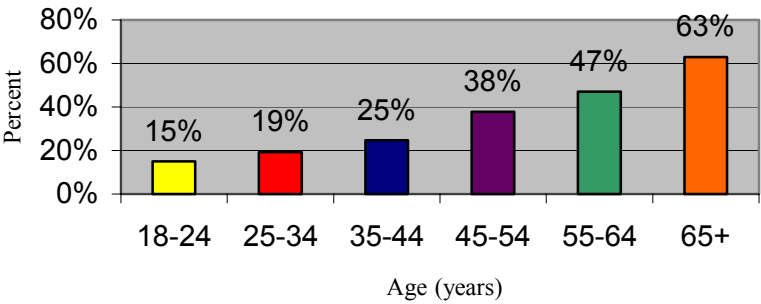
- Physical Activity:** Improves flexibility, joint mobility while reducing joint pain and stiffness. Contact the [Arthritis Foundation](http://www.arthritis.org/) for more information on Aquatics Program or PACE (People with Arthritis Can Exercise) program at <http://www.arthritis.org/>
- Weight Control:** Decreasing BMI by 2 units reduces a person's risk for osteoarthritis by approximately 50%.
- Avoid Injuries:** Strategies include stretching and use of equipment such as knee braces.

What is Arthritis?

Arthritis includes more than 100 diseases and conditions affecting the joints, surrounding tissues, and other connective tissues.

- An estimated 686,000 Kansans or 34% of the adult population of Kansas has arthritis or chronic joint symptoms (CJS).
  - 24% of the adult population of Kansas have been told by a physician that they have arthritis.
  - 41% of Kansans with arthritis are being treated by their physician.
- Types of arthritis include: osteoarthritis, rheumatoid arthritis, lupus, gout, fibromyalgia, tendonitis, and carpal tunnel syndrome.
  - Visit the Arthritis Foundation's website: [www.arthritis.org](http://www.arthritis.org) for more information on the over 100 different types of arthritis.
- Although one out of every two people with arthritis is over the age of 65, people of all ages are affected by arthritis. Among Kansans ages 65 and older, 63% have arthritis or CJS.

Percentage of Adults with Arthritis or Chronic Joint Symptoms by Age



For more information contact:



Western MO/Greater KC Chapter  
3420 Broadway Suite 105  
Kansas City, MO 64111  
1-888-719-5670

Kansas Chapter  
1602 East Waterman  
Wichita, KS 67211-1878  
1-800-362-1108



KDHE Office of Health Promotion  
Kansas Arthritis Program  
1000 SW Jackson Suite 230  
Topeka, KS 66612  
785-291-3418

<http://www.kdhe.state.ks.us/arthritis/>

Information on this document is from the 2001 Kansas Behavioral Risk Factor Surveillance System (BFRSS).

For the purpose of this document, arthritis refers to people who have been diagnosed by a physician as having arthritis. Chronic Joint Symptoms is defined as people who reported having pain, aching, stiffness, or swelling in or around a joint for at least one month during the past 12 months.

This publication was supported by Cooperative Agreement # U58/CCU722793-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.

Impact of Arthritis in Kansas



Kansas Department of Health and Environment  
Office of Health Promotion  
Kansas Arthritis Program  
<http://www.kdhe.state.ks.us/arthritis/>

